

Welcome to the spring newsletter! We have lots going on so read on and remember to book your attendance with Elaine. If in the future you would like to receive your newsletter by email just let Carol know, (help to keep our costs down).
C.toms1@ntlworld.com

**M.S.T.G. Spring Newsletter
2015
Reg. Charity No. 1111565**

Up-coming events

Greek Night – Sunday 26th April 2015 @ The Greek Taverna, 59-65 Hythe Street Dartford, DA11BG from 4pm
Once again Fay Tsiappouli and Adam Phokou have organised this great evening. Fantastic food, raffle and dancing you won't want to miss this. Tickets £30.00 from Fay. Catch her at the group or call her on 07738768089.



M.S. Roadshow Meeting – Thursday 30th April @ Orsett Hall 6-8.30pm
Due to the phenomenal success of the last information evening, Dr. Kasti and Elaine have organised another. Please read over the page for further details.

Fun Walk – Sunday 12th July @ Barleylands Farm, Crays Hill
This takes place every year to raise money for charities. The M.S.T.G. hope to have several sponsored walkers this year. If you or a family member would like to join in please see Elaine, Tina, Vicky or Carol at the group.



The M.S.T.G. Summer BBQ – Sunday 19th July 2015 @ Fondu Club, North Rd. Purfleet RM19 1TU from 1pm-5pm
An absolute must for you diary! This venue has good facilities, a lovely green and a small park area for the young ones. We will have stalls for you to peruse and if you would like to run one of your own, please let us know. Open to all ideas! Tickets available from Elaine, Tina or Vicky.
Tickets £10 per adult, £5 for children and under 3's go free.



What's been happening?

Dinner Dance 2015

This year's Dinner Dance was held at Orsett Hall and was very well attended and raised £8043! But there were a few concerns regarding the food, service and the venue so the committee have unanimously agreed to return to Frierns Manor. So, a date for your diary...

...**February 5th 2016** – and we are delighted to advise you that the ticket will remain at £50 inclusive of a 3 course meal, music and ALL drinks!

M.S.T.G.

Remember the M.S.T.G. survives because of your attendance. So if it's been a while since we have seen you we would welcome your return. We will do our best to help you with your exercise routine and our personal trainers have developed balance & exercise techniques to help improve mobility. We are delighted to report that our patients tells us they find coming to the group very beneficial.

Sad News

Our kindest and loving thoughts continually go out to Tracy and Chris Hancock who sadly and tragically lost their son Jordan (brother to Kiera) at the end of last year. Tracy and her dad Arthur were regular attendees of the M.S.T.G.

M.S. Roadshow and Information evening – 30th April 2015. Orsett Hall 6-8.30pm

Once again hosted by Dr. Kasti and Elaine who warmly invite Professor Giovannoni and his team from the Royal London Hospital to an information evening.

Last year's event was a phenomenal success and everyone agreed that the evening was very informative. This year Prof. Giovannoni and his team's agenda will be;

M.S. background and research projects, new treatments, a question and answer session and much more.

Light refreshments will be provided. Please confirm your attendance to Elaine by text, e-mail or phone.

07786 334451 or 01268 593362, elaine.bosley@btuh.nhs.uk

Exercise tip:



Get yourself a pair of ankle / wrist weights. [Ebay £4-6] either ½ kilo or 1kilo per weight. When you have your feet up of an evening, strap them on your ankles. Raise legs alternately from a sitting position, up to ten on each leg. With feet on the floor, lift the left foot as high as possible towards the ceiling, repeat 5 times then change legs.

Final word from Elaine:

"I have now returned from annual leave to learn there were some problems with the mobile phone not being responded to in my absence. I can only apologise for this, as it was apparently being covered?? Dr. Kasti and Malspina work to continue to improve the M.S. service and are now introducing the new treatments Tysabri and Gilenya. Currently we are awaiting final clearance for Tecfidera, which is a new oral treatment for M.S. Research into treatments for M.S. continues and the Roadshow evening will update everyone. Book your place as soon as possible."

